

INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

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STUDENT SPOTLIGHT

ALEXA TIMO - STUDYING ABROAD IN SALAMANCA, SPAIN

This month, we're excited to feature Alexa Timo, a SUNY Cortland student studying abroad at Universidad de Salamanca in Spain. Alexa, double-majoring in International Studies and Communication Studies, has fully embraced her time in Spain, from overcoming the language barrier to exploring the culture and traveling across Europe.

When Alexa first arrived in Salamanca, she was nervous. "I barely spoke any Spanish, and I wasn't sure if I'd make it," she recalls. However, she quickly adapted and found comfort in the city's slower pace of life, a refreshing change from the hustle of daily life back home. "Life here is more relaxed, which has allowed me to appreciate the smaller moments."

One of Alexa's most memorable experiences was traveling to Morocco, where a local took her and her friends to a fish market and shared a traditional Moroccan meal with them. "It reminded me how kind and generous people can be, and how much bigger the world is than my own little bubble," she shares.

After such a fulfilling fall semester, **Alexa decided to extend her stay for a second semester in Spain.** "I couldn't imagine leaving so soon. Spain has become like a second home, and I'm excited to continue my adventure here this spring."

Before coming to Spain, Alexa participated in the Cortland Ecotourism program in Hawaii, which sparked her love for travel. That experience helped her realize the importance of cultural exchange, motivating her to study abroad again.



In Salamanca, Alexa has made meaningful connections with both international students and locals. She enjoys meeting people through regular activities like visiting cafes and attending local events. "I've pushed myself to be more social, and it's been so rewarding," she says.

Looking ahead, Alexa's time abroad has influenced her career goals. Her Spanish has improved, and she's even considering graduate school abroad. "This experience has opened my eyes to so many opportunities. I'm excited to see what comes next."

Alexa's journey is a reminder of the transformative power of studying abroad. We look forward to seeing how she continues to grow and explore during her additional semester in Spain!

WELCOME CELEBRATION FOR INTERNATIONAL AND RETURN STUDY ABROAD STUDENTS!

On Friday, January 31, the International Programs Office hosted a lively Welcome Celebration for both our new international students and returning study abroad students. The event provided a warm and festive atmosphere for students to socialize, share experiences, and connect with others passionate about studying abroad. It was a wonderful opportunity for students to meet peers from around the world, creating a sense of community and excitement as they embark on their academic journeys.

This semester, we are excited to welcome new students from Mali, Niger, India, Germany, Israel, China, Spain, and Pakistan. These students are joining us to immerse themselves in both our academic programs and the vibrant campus culture. The celebration allowed everyone to meet and learn more about each other's backgrounds, making it an enriching experience for all involved.

In addition to meeting fellow students, attendees enjoyed refreshments and engaging conversations about life in the U.S. and the unique cultural perspectives they bring to our campus. This event marks the start of an exciting semester full of opportunities to build new friendships, share ideas, and grow together as a diverse international community.



The International Programs Office looks forward to continuing to support our international students and providing more opportunities for cultural exchange throughout the semester. We are excited to see all of the new students settle in and look forward to the many ways they will enrich our campus with their unique perspectives.

COLOMBIA: ECOLOGIES, ECONOMIES, AND CULTURE WITH DR. BEN WILSON

Dr. Ben Wilson and Dr. Kelly Wessell's study abroad program in Colombia this summer offers students a unique opportunity to explore the connections between environment, culture, and economy in one of the world's most biodiverse countries. The program combines ecological, cultural, and economic studies with a focus on sustainability, giving students the chance to see these concepts in action through fieldwork and hands-on learning.



The trip takes students through three diverse regions: the biodiverse Quindío, the indigenous cultures of the Amazon, and the Caribbean coast, with a stop in Medellín to explore how the city transformed into one of Latin America's most livable places. The program's interdisciplinary approach makes it stand out, with students learning about coffee culture and eco-tourism in Quindío, sustainable practices in the Amazon, and comparing tourism development in the Caribbean. In Medellín, students will explore the role of education, public art, and democratic investment in the city's transformation, gaining a deeper understanding of how community-driven development can bring lasting change.

The course, ECO 329, is open to students from all majors and focuses on real-world applications of sustainability-related economic theories. Students will explore how ecotourism supports local economies and conserves ecosystems while gaining hands-on experiences, like working with local artisans and learning traditional food systems. These experiences provide students with valuable insights into how economies, cultures, and environments are deeply interconnected.



Dr. Wilson and Dr. Wessell hope students will leave with a deeper appreciation for cultural and environmental sustainability and the role it plays in economic development. They believe the trip provides a transformative experience that challenges students to think critically about global sustainability issues and how they can contribute to positive change. The program encourages students to keep an open mind, pack light, and be ready for an unforgettable adventure. Whether it's your first international trip or you're a seasoned traveler, this experience offers a rare chance to immerse yourself in new perspectives and explore real-world solutions to global challenges.

Interested in joining this Summer 2025 program? Contact the International Programs Office for more details! The deadline for applications is March 1.

Study Abroad Day

Study Abroad Day, celebrated nationally on February 24, is a day dedicated to raising awareness about the life-changing benefits of studying abroad. It's a chance for students to learn more about the many global learning opportunities available to them and to start planning their own international experiences.

To celebrate this day, the International Programs Office will be hosting drop-in advising appointments, offering personalized guidance for students interested in studying abroad. Whether you're just exploring options or have already decided on a destination, our team will be available to answer all your questions and help you navigate the application process.

In addition to the advising sessions, we'll be holding exciting giveaways, with the grand prize being a \$500 study abroad travel voucher! Study Abroad Day is the perfect opportunity to gather information, get inspired, and take the first step toward your global adventure.

Join us on February 24 to discover more about studying abroad, win amazing prizes, and start planning your journey toward an unforgettable international experience!





STUDY ABROAD FAIR

Learn about more than 45 study abroad programs, including faculty-led programs and options through other SUNY schools! Talk with returned students and international students about what it's like abroad.

**FRIDAY, FEBRUARY 7
10:30 A.M. - 1:30 P.M.
COREY UNION LOWER LOBBY**

Enter to win one of two \$500 travel awards!

SUMMER/FALL PROGRAMS

Summer 2025

Belize: Internships

Belize: Center for Engaged Learning Abroad

Costa Rica: Universidad Veritas

Egypt: American University in Cairo

Germany: Fulda University

Ghana: Ghana to the World

India: Culture and Education

India: Health, Equity, Action, Research

Ireland: Dingle Art

Ireland: University College Cork

Italy: The Arts of Italy

Projects Abroad: various locations

Thailand: Ecotourism

Fall 2025

Australia: Griffith University

Belize: Internships

China: Capital Normal University

China: Qufu Normal University

Costa Rica: Universidad Veritas

Egypt: American University in Cairo

France: University of La Rochelle

Germany: German Sport University Cologne

Germany: Fulda University

Germany: Potsdam University

Ghana: University of Ghana, Legon

India: St. Aloysius College

Ireland: University College Cork

Spain: University of Salamanca

United Kingdom: Anglia Ruskin University

United Kingdom: London Metropolitan University

And many more programs!

CONTACT US

LEARN MORE ABOUT OUR
EVENTS AND PROGRAMS

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Contact us to schedule an appointment with an advisor or to learn more. We look forward to hearing from you!

OFFICE HOURS

EMAIL US TO SCHEDULE AN
ADVISING APPOINTMENT

MONDAY-FRIDAY

8 a.m.-4:30 p.m.

Old Main, Room 219

**Have general questions?
Talk to our grad assistant!**

Walk in Advising:

Monday 9:30-3:30

Tuesday 9:30-3:30

Wednesday 9:30-2:30

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